



PSHEE	Digital Wellbeing	Year 3	Term: 2
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<p>It is important to understand and have digital wellbeing. Think about what we use the Internet for and the benefits and risks of online activities.</p> <p>What is screen time and do you know how to get a healthy balance between online and offline activities?</p> <p>Digital Wellbeing is also learning about online relationships, including cyberbullying and online stranger danger. Privacy issues will be explored in terms of passwords, personal information and the sharing or forwarding of images and videos. Why shouldn't you share this information?</p> <p>It is also important to remember there can be pressures and challenges that are often associated with social media.</p>	<p>Questions to help you think about your digital wellbeing</p> <ul style="list-style-type: none"> • What are the benefits of the internet? Are there any negatives? • How can you balance your time online with other activities and what strategies could you use to help you with this? • Why is it important to be aware of bullying online? • What are the consequences of hurtful behaviour? What strategies could you use to help you with this? • What is the difference between knowing someone online and someone face to face? •
<p>Questions to help you think about your digital wellbeing</p> <ul style="list-style-type: none"> • Why is it important to keep personal information private? • What strategies do you have to use if something online makes you feel uncomfortable? • Why should you follow restrictions online e.g. age restrictions? • What is appropriate to share online and what shouldn't be shared? • How can you report concerns online? • How can you assess if sources online are real? How can you tell if something online has been manipulated? 	<p>Activities you could complete</p> <ul style="list-style-type: none"> • My Digital Wellbeing: reflect on the positive and negative impacts of the technology in your lives at home and consider ways in which technology impacts your physical and mental wellbeing. • Screen-Free Day: promote a screen-free day and consider things that can be embraced from this and ways it can enhance wellbeing. • Arrange a 'Digital Wellbeing Day': This could focus on ensuring everyone in the school community/home understands ways in which they can enhance and protect their digital wellbeing.